
Unity In The Community

SAN NICOLAS COMMUNITY PAPER.



Red Cross Aruba

BO TAMBE TA BIN NA NOS CURSO DI INTRODUCCION?

**Bo persona kier sa mas tocante kiko ta pasando den un hospice y kiko bo por significa como un boluntario pa nos hospice?
E ora ei, bin na nos curso!
Hospice Atardi ta organisa un curso di introduccion pa tur hende cu ta interesa pa bin fortaleza nos team.
E siguiente fecha di e curso aki ta diadomingo 30 di juni di 8:30 am te cu 3:30 pm.**

Pa mas informacion, por jama:


Hospice Atardi 584 0085	Matsy van Oers 594 8508	Sacha van Iersel 699 0718
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KOM JE OOK NAAR ONZE INTRODUCTIECURSUS?

**Wil je meer weten over wat er gebeurt in een hospice en wat je als vrijwilliger zou kunnen betekenen voor ons hospice en onze gasten?
Kom dan naar onze cursus!
Hospice Atardi organiseert elke maand een introductie cursus voor iedereen die interesse heeft om ons team te komen versterken.
De eerstvolgende cursusdatum is zondag 30 juni van 8:30 am tot 3:30 pm.**

Bel voor meer informatie naar:

Hospice Atardi 584 0085	Matsy van Oers 594 8508	Sacha van Iersel 699 0718
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In de schemer van je leven, voordat de zon ondergaat, ben je niet alleen. Wij zijn er voor jou, met liefde en respect.

Den e atardi di bo bida, prome su solo baha, bo no ta bo so. Nos t'ey pa bo, cu amor y respet



U kunt ons steunen
Het hospice is voor een groot gedeelte afhankelijk van vrijwilligers, donaties en fondsen.

Mocht u financieel willen bijdragen om ons hospicewerk te ondersteunen, dan kan dat door een donatie over te maken naar:
Fundashon Hospice Atardi
CMB # 630 67 800



Alle ontvangen gelden zullen aan ons goede doel worden besteed.

Donaties zijn belasting aftrekbaar. De stichting heeft als persoonsnummer # 10000684.

Vrijwilliger worden?
Bent u geïnteresseerd om als vrijwilliger ons team te komen versterken? Neem dan contact met ons op voor meer informatie.



Hospice Atardi
Noord Cura Cabai 147

tel: 584 0085
fax: 584 4400
email: info@hospiceatardi.com

Volg ons op Facebook
www.facebook.com/hospiceatardi

of bezoek onze website
www.hospiceatardi.com



Hospice Atardi

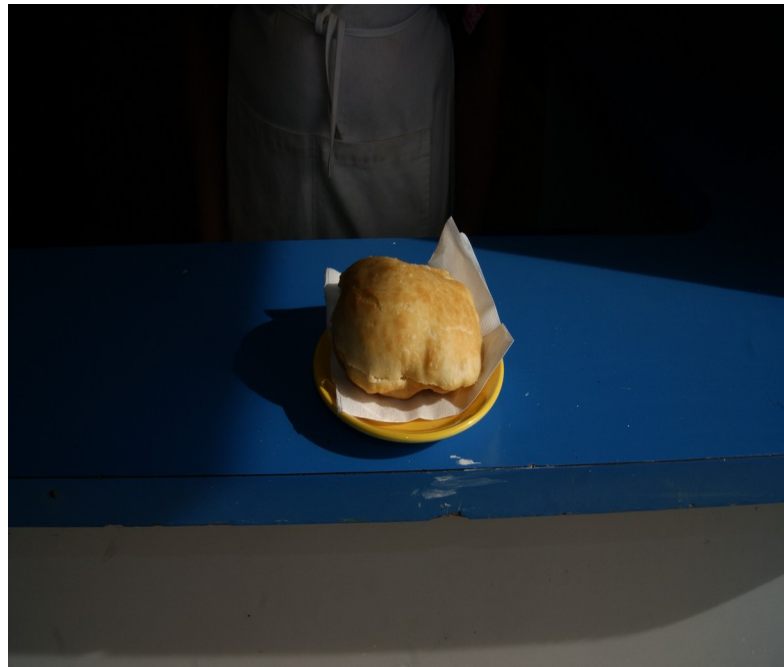
*We zijn er voor u,
met liefde en respect*



One Of San Nicolas Landmarks



Grote Berg snack for over 20 years has been known for their world wide famous Johnny Cake & Salt fish. With not only the San Nicolas community, but around the island, and not surprisingly repeat tourist keep coming to Grote Berg Snack. When we asked the owner Mable what's your secret? She said "the secret is that it's made with a special touch and the main ingredient is LOVE" If you think the Johnny cakes are amazing you have to come check out their lunch menu's. Grote Berg Snack is not only a Snack, but a famous landmark from San Nicolas, open from 7am to 2:30pm it's a must visit.



San Nicolas Make Your Own Fashion

Workshop
African Print Necklace
with Kala
COSECHA • SAN NICOLAS

AFL 50.-

MATERIAL & REFRESHMENTS INCLUDED



PRESENTED BY
KALA



LOCATION/DATE/INFO

Cosecha San Nicolas
Saturday June 29th, 2019

10:00 AM - 1:00 PM
Age: 17 years and up

B v/d Veen zeppenfeldtstr 20
cosechaworkshop@gmail.com
587-8708

cosecha
SHOP & CREATIVE CENTER



SUMMER

STUDENT SPECIAL!!!

Are you between the ages of 15 to 20?

This is your chance...

Get trained and certified in First Aid & CPR...

and be prepared to help someone!

Course Dates:

July 16 & 18

July 23 & 25

July 30 & Aug. 1

Courses Time:

4pm-7.30pm

Special Rate of AWG. 75,=
(must present student ID)



Drop by and register at our office in Pedro Gallegostraat 14, Dakota

For more information: 582-2219 or info@redcrossaruba.com

Post Aruba N.V Gives Back To The Community



Post Aruba Management and staff contributed with our Back to school Fundraising Bingo Drive to help less fortunate families cover the cost of School bags & Supplies, School Uniforms, and school fee assistance. This will be our 10th year consecutively and we are proud to have the support of Post Aruba N.V on board with us. Unity In The Community Foundation Thanks you.

San Nicolas Just A Reminder

TEMPORADA DI
HORCAN 2019
A CUMINSA!

SEA ALERTA !
SEA PREPARA !

SIGUI BOLETIN OFICIAL DI
BUREAU RAMPENBESTRIJDING
TEL: 588-0100

San Nicolas Carnival Museum Is A Must See



San Nicolas this is not your regular museum, no not at all, with over 65 years of Aruba's rich carnival heritage there is always something new to go and enjoy. Colorful and fully air conditioned it's a nice family outing or even big enough for a school excursion. They are also going to start classes soon on how to make carnival art, and costumes so be pending for this. With a free entrance and open 6 days a week, and most of all a constant change of layout and carnival art. Opening hours are: Monday to Friday 9am to 5pm and Saturday from 10am to 2pm office# 5869404



8 Health Benefits of Hitting the Beach



Beaches are some of the greatest and most enjoyable natural features this earth has to offer us. Some people pay so much money just to come and enjoy our beaches, San Nicolas we are blessed with so much nice and clean beaches available to us 7 days a week.

While we may not consciously be able to pinpoint the exact reasons why we feel so happy and relaxed after a day at the beach, it truly does have many positive effects on a person both physically and psychologically.

So check out these 8 health benefits of hitting the beach!

1-Going to the beach relieves stress.

The number one benefit for hitting the beach is stress relief. As soon as you exit your vehicle and step out into the sun, you feel the calming effects wash over you like water

Both the sun and the waves combined work to completely relax your body, release you from your aches, and free you from daily stresses.

Not only is serotonin almost immediately released when you arrive on the beach, (serotonin is a key hormone for relaxation and happiness), but the sound and visuals of the beach and ocean are simply so soothing and peaceful.

It's for the calming effects of the sound that crashing waves are often chosen for sleep machines. Additionally, light therapy is something that's actually prescribed by doctors and therapists to help patient's combat anxiety and stress.

2-You'll always get a better sleep after a day at the beach.

After just a few hours at the beach one of the greatest benefits a person will experience is a truly wonderful night's sleep later.

For insomnia sufferers looking for a natural remedy, the beach is a definite recommendation. It's because the beach helps relieve three key factors that inhibit sleep: high stress and anxiety levels, lack of physical fatigue, and hormonal imbalances.

Not only do you feel immediately relaxed upon setting foot on the beach, but you get a great exercise even from just walking on the beach!

Additionally, the sun and lowered stress levels immediately help regulate a person's hormones – making it far easier later that night to get a peaceful and deep sleep.

3- Get your daily amount of vitamin D in just ten minutes at the beach.

One of the most essential vitamins in our diets is vitamin D; however very little of it is actually absorbed through the consumption of foods.

Yes, you may have vitamin D enriched milk, but it's often not enough for our bodies to absorb the appropriate amount on a daily basis.

Fortunately, spending just ten minutes outside in the sun can actually allow a person to absorb their daily dose of vitamin D directly through their skin!

4- Going to the beach can improve your ability to fight off infections.

You may have experienced it previously – that painful sting when an open wound is exposed to salt water. Fortunately that pain is a sign that your wound is actually being cleansed by the water.

Salt water has unique antibacterial and antifungal properties making it excellent for external infections; however it also helps internal infections as well.

The iodine in ocean water, which has other benefits we'll discuss in point nine, actually is a fantastic immune system booster.

It not only is highly antiseptic (it's used in hospitals and surgeries all the time), but it helps boost the function of the thyroid gland which, in turn, boosts our immune system's function.

5- Going to the beach is like getting a beauty treatment for your skin.

The beach and ocean water truly has an amazingly positive effect on the overall health and appearance of skin. We're not talking about baking yourself in the sun until you're leathery tan (please wear sunscreen!), instead we're focusing on the antibacterial and detoxification properties of the elements.

- Exfoliate – the sand does a wondrous job exfoliating our feet, hands, and body. Nothing removes dead skin cells quite like course bits of sand does!
- Detoxify – once the warm sun opens up our pores, the salt water is then able to go in and pull out the toxins. No more blemishes, uneven skin, or excess oils!
- Antibacterial – next, the iodine and salt in the water work to completely destroy bacteria and fungi on your skin that cause breakouts.

6- Reduce inflammation and pain with water aerobics.

Water aerobics are, by far, the easiest aerobic activity for the elderly, individuals with joint pain, arthritis, or have recently been in surgery.

This is because the water offers a great deal of resistance without any impact at all and actually reduces the weight of a person submerged in water by around ninety percent.

7- Enjoy being able to breathe easier during and after a day at the beach.

The natural inclination to inhale deeply when you first step on the beach is actually an automatic response to the quality of the air.

Individuals with asthma, COPD, or breathing difficulties will find that it's far easier to breathe when on the beach, than almost anywhere else.

This is because not only are the chest muscles surrounding the lungs relaxed when a person steps onto the beach, but the air itself is actually charged with negative ions that work to increase oxygen absorption in the lungs.

8- Connect with yourself and spirit at the beach.

Whether you're religious or not, heading to the beach can put you in touch with your spirit and consciousness. The vastness of the ocean, expansive horizon, and beauty of the surroundings makes you truly appreciate nature.

Additionally, it's when we're so surrounded by nature and beauty that we can feel at peace and release ourselves from the daily stresses and troubles in the modernized world.

Practicing a bit of meditation or yoga on the beach is highly recommended as there is no better place in the world to truly feel at one with the earth and ourselves.

As you can see, hitting the beach is something that truly has endless benefits. In fact, these benefits aren't anything new; they have been known for hundreds of years. Even before the 1800's, physicians have been "prescribing" patients with vacations to the beach to help combat various ailments such as depression, anxiety, stress, arthritis, and more.

So, the next time you've had a particularly stressful week at work, have completed a strenuous year of schooling, or are just feeling less than fantastic on a certain day, take some time off and hit the beach – it's the doctor's orders!



Bingo Time: July 13th 7pm at Centro di bario lago heights



Unity In The Community
BINGO
FUNDRAISER

FL 15,-
Fun Family Bingo
CENTRO DI BARIO LAGO HEIGHTS
July 13th
7pm

BINGO

Bingo Time

Fundraising Bingo. *Centro di Bario Lago Heights*

Unity In The Community

Lets have fun while helping others It's BINGO TIME The goal of this fundraising bingo is for us break our record by helping much more kids/families with school bags/supplies, uniforms, shoes, and even school fee's. July 13th at Centro di Bario Lago Heights from 7pm.

All profits will go into getting school bags and supplies, uniforms, school fees for less fortunate families. We are looking to break our own record by helping much more families this trip.



Cleaner
Disinfectant
Air Freshener
Insect Repellent



Congratulations Reginald Janga!

2019 Star Bucks Barista Champion, San Nicolas Very Own



San Nicolas Very Own Poet David Quant



Peace

I am at peace with the roads I traveled, although it was not always the right route, I enjoy the memories I made,

I am convinced that all that happened, humbled me, molded me with gratefulness and grace,

I am at peace with the fact that I am not the strongest, the quickest or the tallest,

I am at peace with the features that characterize me, and since they cannot be compared, they are flawless,

I am at peace with my wounds, it has showed me that I am vulnerable,

It has made me more dependent of of others, because before I thought that that wasn't honorable,

I am at peace with what I cannot change, I know in my speech my thoughts are reflected,

Instead, competing, standing out or judging, I just want to be connected,

I am at peace with yesterday, grateful for today,

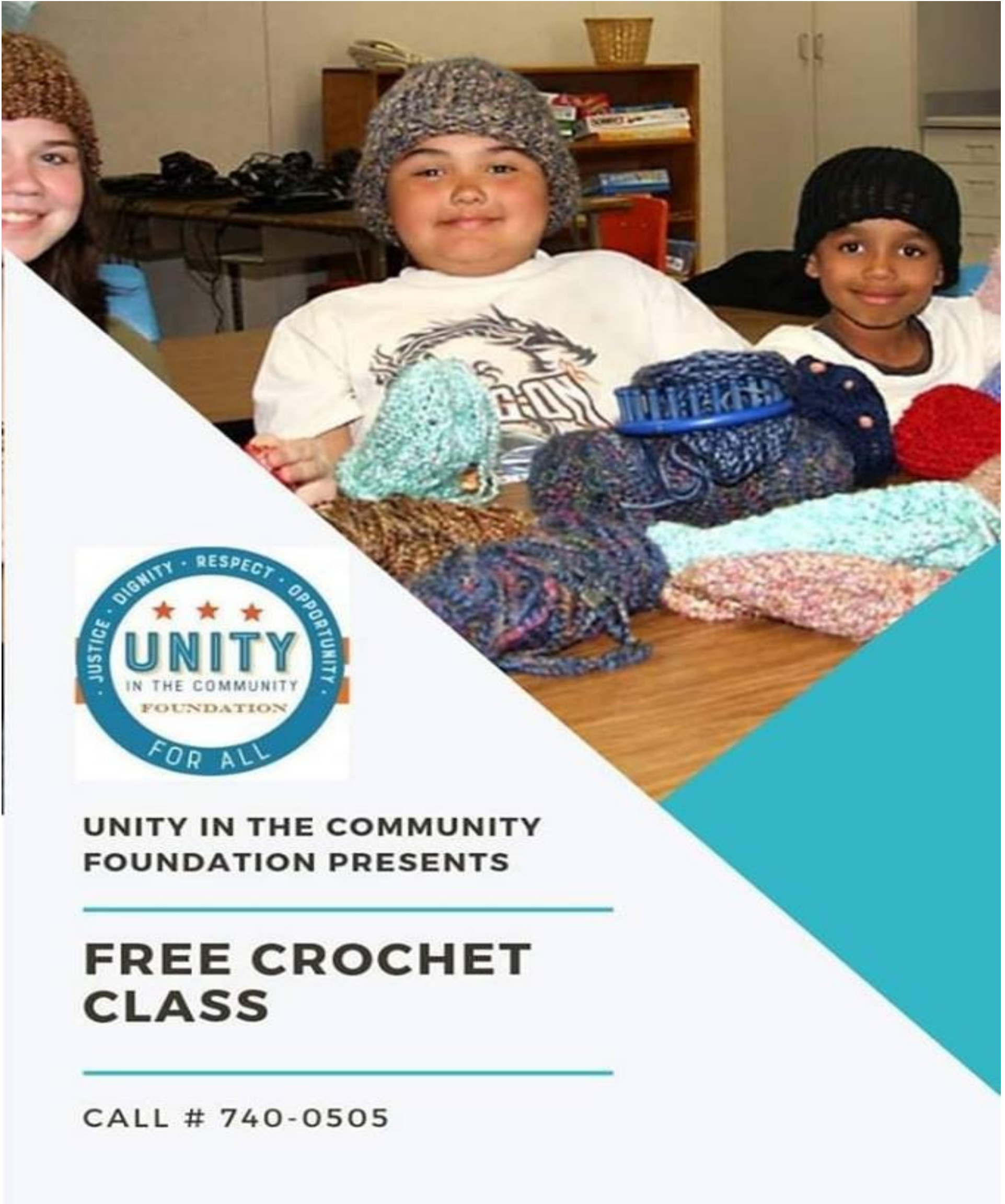
Humbled by my experiences, grateful for the ones that have stayed

Another Amazing San Nicolas Poetry Night

The Poetry Nights, was ones again amazing organized by " We Culture" in cooperation with "Basha Foundation" , With it's regular San Nicolas touch were they had sofa's and made it an family atmosphere . This night consisted of a variation of reciting poems, presentation of songs in the form of ballads, guitar playing together with singing by Rocky, even a song with a Rap touch was presented by Leonardo Philips , dancing presented by a group of students from Colegio San Antonio and Shylo Richardson gave its dancing presentation at the end. Those who recited poems were, Sony and Celeste Richardson, Diageis Rivers, Efraim Odor, Cy- Anne Simmons, Yvor Lee, Amanda Britten, Yakari Gabriel, Victoria Rodriguez, Sylvia Lumenier and Maria . Must saying that singers Ayleen Hopmans and Shanay Henry gave a presentations that was very well received by those who were present. And at the end everyone left with an amused feeling of this edition, put together by " We Culture"and "Basha Foundation".







**UNITY IN THE COMMUNITY
FOUNDATION PRESENTS**

FREE CROCHET CLASS

CALL # 740-0505